

Coordination of Mind and Body

Needless to say, taking up martial arts is very rewarding yet also very demanding. I think of it as a journey rather than a goal - the journey is the goal itself. Self defense is important, certainly, and often the major reason why people take up martial arts of any kind. By going through the physical training for self defense, however, we find the necessity of having a focused mind and disciplined body. Acquiring both assists not only self defense, but life in general. To use the mind and body as one - not for violence, but to end it. In that way we might coordinate ourselves with others instead of creating conflict. No good to simply learn techniques and not practice sportsmanlike conduct or etiquette. Let us learn how to work together instead of against one another!